

Avoid Anxiety

Rachael Martin 5.15.2015

Hiya! How are you?

I listened to part of a teaching today that reminded me of the importance of knowing what God says in a world where lies, twisted truths, pressures, deception, and rebellion are running amuck. I'll share with you the link at the end of this devotion so that you can take some time and listen to the message as well if you like. There are two things that stuck out to me that Pastor Jeremiah said:

A – That fear and anxiety cannot exist in the presence of God.

and

B – When the problem is worry – the prescription is prayer – the program is right thinking and right doing and the promise is God's peace

The first statement made me immediately think of the feeling that I often get when I sit down to the piano or start singing a worship song out of the blue. Lately, it's been more and more often that there's a very tangible presence of the Lord and peace and excitement fill my heart.

When we by faith – start to engage in worshipping the Lord, we move into His presence and His power and all of His attributes start to manifest and we come out of the things that would try to hold us down and hold us back from growing in our life with Jesus Christ.

One thing that I was reminded of is that when Jesus was walking the earth and He chose His disciples to train, He didn't leave them hopeless – He remained with them, pouring into them all He knew and everything He saw the Father did, He shared with them and after He defeated death at the cross and went to sit at the right hand of the Father – He again – did NOT leave us – He gave us Holy Spirit – so that we could REMAIN in His presence. It was NEVER His intention for us NOT to have communion with Him.

It is unfortunate circumstances and/or our own doing that separates us from His goodness and love and allows fear and anxiety to have a place in our lives.

John 14:27 – (NKJV) – Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

When things in my little world seem to become too hectic or stressful, and I start to lose focus of the Lord's leading in my life, I can almost always know that it's because I have stepped away for however long, minutes, hours, days from the loving presence of God and every single time I can reason that it's my acknowledging that I can't do anything without Him that pulls me back to that sweet place of peace with Him.

Part of not allowing anxiety to overwhelm us is by following simple rules for our natural body, like getting enough rest, drinking enough water, and staying active throughout each day – but when we find that these things aren't helping, we can almost guarantee that there is a deeper reason that the Lord wants to put His finger on and it involves Him wanting more of our time. The promises and blessings of spending time in prayer and the word of God far outweigh the little demons of stress and anxiety and in His shelter, under His mighty hands of protection, we are free to be us, to learn, to grow, to walk in new levels of faith and peace.

May the Shalom of Almighty God be upon you today in Jesus matchless name, Amen.

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Some snippets from http://www.davidjeremiah.org/site/radio_archives.aspx

THANKS FOR STOPPING BY!

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